

OTTAWA

metro



YOU CAN DO IT, PUT YOUR BACK INTO IT

KIM KARDASHIAN'S TRAINER SHARES FIVE MOVES TO GET YOUR LATS LOOKING GOOD

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'Fat letters' a good idea?

Paper argues sending kids' BMI results to parents will curb obesity, critics say the idea is shaming

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Grieving family hails 'justice'

Relatives of Sammy Yatim, fatally shot by a cop in July, react to officer's being charged with murder

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PRIDE FLAG FLYING ACROSS THE CAPITAL

Koko Domenique Shennel and Jasper Cox, Miss and Mr. Capital Pride, watch the Pride Flag being raised at Ottawa City Hall on Monday. City hall was the last stop on a bus tour of city facilities raising the flag over the course of the day. See story, page 4. HELEN PIKE/FOR METRO

Casino showdown looms as health board votes nay

8-1. Watson not commenting ahead of next week's meeting



ALEX BOUTILIER

alex.boutilier@metronews.ca

A showdown is looming at Ottawa City Hall as the city's public-health board has voted to oppose any expanded gambling operations in the city.

The board — which includes councillors who previously voted to continue studying the possibility of a new casino — voted 8-1 in support of the report from the city's chief medical officer opposing any expansion of gambling operations in Ottawa.

"I've been voting to agree with the increase in gambling waiting for this report," said Coun. Diane Holmes, who chairs the board.

"Now we find out no, we're not even meeting the demand

Arguments against

"Institutionalized gambling is based on two very false assumptions: first, that there is money to be made, and tourism to be gained."

Coun. David Chernushenko

(for problem gambling services) now, much less an increase in gambling."

Other councillors were every bit as unequivocal on the matter after hearing from seven public delegations strongly opposed to a new casino.

"Institutionalized gambling is based on two very false assumptions: first, that there is money to be made, and tourism to be gained. No, there is no money to be made for the City of Ottawa, and there's no tourism to be had," said Coun.

David Chernushenko.

The bloc has an uphill fight. Next Monday, the city's flagship finance and economic development committee will debate a motion urging Mayor Jim Watson to formally request two gambling hubs — one at Rideau Carleton Raceway, with 21 new gambling tables, and one at another location.

Even if that push fails, again, the motion would still ask the provincial government to add table games to the RCR.

Watson was not available for an interview Monday night. When asked if the mayor would be available to speak Tuesday, his advisor George Young said there was nothing further to say on the matter in advance of next week's FEDCO meeting.

Young did confirm, however, that Watson informally requested Premier Kathleen Wynne have her government provide further clarification on the possibility of two casinos by next Monday.

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Wynne, Hudak outline municipal visions in Ottawa

Address. Both premier and Tory leader were in town offering their take on how to create more effective municipalities

Creating local jobs and rebuilding the tax base was top of mind Monday as Premier Kathleen Wynne addressed hundreds of delegates at the Association of Municipalities of Ontario annual meeting in Ottawa.

"I aspire to be — and it's my responsibility to be — the premier for the whole province and that means recognizing that the 444 municipalities of Ontario are an ecosystem," said Wynne at the Ottawa Convention Centre. "That each one of your municipalities succeeds and each one of your residents has the opportunity to prosper and thrive."

Ontario's Liberal government is pushing a "rekindling"

of regional economic growth to help struggling municipalities continue to recover from the global economic downturn.

In Ottawa, for example, Wynne said the province plans to build on the existing knowledge-based economy in the high-tech sector by making it easier to invest and raise capital.

She also made another plea for the federal government to pump more money into municipal roads, bridges and transit.

"This year, Ontario plans to invest about \$13 billion in strategic infrastructure. The federal government plans to invest less than \$6 billion in provincial, territorial, and municipal infrastructure across the country," she said. "I think we can expect better."

Ontario Progressive Conservative leader Tim Hudak charged that his party's plan for infrastructure investments, including uploading transit costs to the federal government and distributing the gas tax evenly in eastern Ontario,



Premier Kathleen Wynne addresses reporters at the Association of Municipalities of Ontario on Monday afternoon.

JOE LOFARO/METRO

would put the province in a better position to ask for more funds.

"You've got a much better chance of getting federal support when you have your own house in order," said Hudak.

His speech also riled a few audience members when he

suggested a pay freeze for government workers to slash the province's deficit. The opposition leader said more than half of Ontario's budget goes into wages and benefits for government employees.

"From firefighters to MPPs, freezing wages for at least two

years would save us \$2 billion a year and also then buy us time to make changes to the overall government payroll," he said, adding that he would fix the arbitration system that awards big settlements that municipal taxpayers cannot afford.

JOE LOFARO/METRO



Creditors of J.C. Lacasse's bankrupt real estate firm Golden Oaks attend a meeting Monday to begin divvying up the company's assets.

GRAHAM LANKTREE/METRO

Golden Oaks creditors meet up

The sale of two homes owned by bankrupt real estate firm Golden Oaks will make a small dent in the \$27 million owed to creditors.

The group met for the first time Monday to pick over the remains of the company.

Roughly 50 creditors, including contractors who were never paid, arrived in Ottawa's south end to learn more about how they will get their money back — if

at all.

"We had a lot of questions regarding second mortgages," said Brian Doyle, of Doyle Salewski, the court-appointed receiver for Golden Oaks, its owner Jean-Claude Lacasse, and subsidiary Rent 2 Own Canada.

Many are concerned about whether second mortgages taken out on homes rented or bought through the real estate firm will be honoured,

said Doyle, as he reassured debtors they will be able to stay in their homes.

Lacasse filed for personal bankruptcy in July after payments on promissory notes passed to investors and contractors of Golden Oaks and Rent 2 Own Canada dried up in the beginning of 2013. The firm boasted that it helped those who could not afford traditional down payments to rent their homes with a view to buying. Often the arrangement required its own \$10,000 down payment.

In a report Doyle presented at the Ottawa courthouse on July 25, he alleges that \$12.4 million alone is owed to 134 promissory-note holders. Yet if all the company's assets, including 51 homes, were sold off, little would be left to pay all creditors.

GRAHAM LANKTREE/METRO

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NEWS

Pride. Organizers laud city's role in flag raising

Ottawa City Hall's participation in the Ottawa Rainbow Flag Raising tour is the progressive affirmation Ottawa Capital Pride organizers were waiting for in a time when the LGBTQ community is not yet accepted around the world.

"I think that's one of our major, major highlights this year, the partnership that's developed between pride and city services over the years," said Brodie Fraser with Capital Pride. Fraser was reached over the phone at OC Transpo Headquarters, where he said over 80 people showed up to take part in the flag-raising ceremony — one of many held across the city on Monday.

Brodie said that the flags symbolize a visible display of support, something that is very important to the Pride movement as it raises awareness to the importance of LGBTQ rights, especially in a time where countries like Russia still uphold barriers against gay-rights movements.

"The crackdown on LGBT rights in Russia has really mobilized the community around

Privileged

"While ... we're celebrating having our rights, we're really also cognizant that not everybody has that."

Tova Larsen, Capital Pride secretary

that," said Tova Larsen, Capital Pride secretary. She says that supporters have been tying rainbow ribbons to the Russian embassy in hopes of bringing awareness to the communities around the world who are struggling with oppression.

Larsen said that seeing support locally from city services as well as politicians is important, and lets members of the community know they have support they can turn to for help.

"It also goes to show you that Ottawa is a very progressive city and a very inclusive place to live, which makes it a better place regardless of who you are," she said. "Visibility is everything."

HELEN PIKE/FOR METRO

The damage done. Neil Young cancels Ottawa date

Musician Neil Young has cancelled his headlining concert at the Ottawa Folk Festival after guitarist Frank "Poncho" Sampedro's injured hand has been slow to heal.

"We are sorry for any inconvenience this causes to our fans or the festivals where we were scheduled to appear," said a statement attributed to Neil Young and Crazy Horse on Young's website. "As you must be, we too are disappointed at this un-

fortunate turn of events."

Rolling Stone magazine reports that four North American dates of the band's tour have been cancelled in addition to seven European dates cut in early August due to the injury.

Dates at the Capitol Theater in Port Chester, N.Y., the Greenbelt Harvest Picnic in Dundas, Ont., and Interlocken Festival in Arrington, Va., have all been called off.

GRAHAM LANKTREE/METRO



Prime Minister Stephen Harper speaks at Quantum Machine Works Ltd. in Whitehorse on Monday. Harper told reporters he intends to reset his party's legislative agenda, proroguing the House of Commons in September with a new speech from the throne in October. SEAN KILPATRICK/THE CANADIAN PRESS

Harper to prorogue Parliament till Oct.

Throne speech. PM says focus will continue to be on jobs, economy

Prime Minister Stephen Harper says he intends to ask the Governor General to prorogue Parliament, which means the House of Commons likely won't resume in September as originally scheduled.

Harper, who is currently on a week-long swing through northern Canada, says the government plans to deliver a throne speech in October after the Thanksgiving weekend, kicking off a new parliamentary session.

Most of the promises the Conservatives made in the last

election have been fulfilled, and so the time has come for a new parliamentary agenda, Harper told a news conference Monday in Whitehorse.

"There will be a new throne speech in the fall," Harper said.

"Obviously, the House will be prorogued in anticipation of that. We will come back — October is our tentative timing — and we will obviously have some unfulfilled commitments that we will continue to work on."

The Conservative government will remain focused on the economy, he added.

"The No. 1 priority for this government, I do not have to tell you, will continue to be jobs and the economy."

Harper was also asked whether he would be leading

the Conservatives into the next election, a question that elicited a chuckle from the prime minister.

"The answer to the last question is, of course, yes," he said as partisan supporters cheered.

"I'm actually disappointed you feel the need to ask that question."

In Ottawa, Senate reform legislation is just one of several bills that will die on the order paper.

Other affected legislation includes changes to the Canada Elections Act to establish new rules for political loans, and a private member's bill that would require labour unions to publish detailed financial information.

THE CANADIAN PRESS

Prorogation for dummies

It won't be the first time Harper has used prorogation, a standard parliamentary tool that cancels any legislation that's still before the House.

- **2008.** Harper prorogued rather than face a vote of non-confidence when his Conservatives held a minority government and opponents threatened his grip on power.

- **2009.** Prorogation halted House of Commons committee hearings into the treatment of Afghan detainees and killed other legislation.

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Industrial Avenue

Ottawa police investigating south end sexual assault

Ottawa police are investigating an alleged sexual assault of an adult woman that occurred early Sunday morning in the city's south end.

Police say a woman was walking on Industrial Avenue

between midnight and 1 a.m. Sunday when a man approached her, claiming to have a weapon. Police could not provide more information on the approximate location on Industrial Avenue where the incident occurred.

The woman was then led to a nearby field and sexually assaulted, police say.

The suspect fled on foot. The suspect is described as a man measuring six feet

tall, with a muscular build, dressed in black clothing. He spoke English with an accent and was carrying a black knapsack.

Anyone with information is asked to contact the Ottawa police service sexual assault and child abuse unit at 613-236-1222 extension 5944 or phone Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

JOE LOFARO/METRO

GTA transit

NDP questions Metrolinx spending

NDP MPP Rosario Marchese says Metrolinx should stick to the business of planning transit for the Greater Toronto Area, not spending public dollars on sponsorship deals with the Toronto

International Film Festival and NFL.

Marchese told reporters Monday the provincial auditor general should look into the questionable spending habits of the little known public agency, whose mandate it is to co-ordinate badly needed transit across the GTA and beyond.

"There was a benefit to the sponsorship program but the benefit went to staff."

Marchese said, responding to a Toronto Sun story detailing how Metrolinx received \$27,000 worth of NFL tickets for a game in Toronto against the Washington Redskins as part of a promotional partnership with Rogers Centre. The article also outlines how the agency received TIFF tickets after spending \$30,000 for the sponsorship deal for the annual event.

TORSTAR NEWS SERVICE

Iron (wo)man: Swim, bike, run, fight cancer

Ironman Canada.

Local triathlete continues to train for gruelling race later this month while being treated for pancreatic cancer

Radiation and chemotherapy have not stopped Ottawa triathlete Sindy Hooper as she heads to Whistler, B.C., to compete in Ironman Canada and potentially become the first cancer patient to cross the finish line while being treated.

"When I swim, bike and run, I feel like an athlete; healthy, happy and hopeful," the 50-year-old Hooper said just before leaving for B.C. on Sunday, a week ahead of the race set for Aug. 25.

Hooper was diagnosed with pancreatic cancer Dec. 9, 2012. She underwent a complex surgery in January to remove the tumour and pieces of her digestive tract. She was on radiation therapy before she began chemotherapy treatments in early June. Through it all, she

Positive thinking

"I've learned to appreciate what I have rather than focusing on what I've lost."

Sindy Hooper

has maintained her training and improved her times as she worked to raise more than \$17,000 for research of the disease.

"I've searched the Internet and have not been able to find anyone who has completed an Ironman while still on chemotherapy," she said. Yet she aims to finish the four-kilometre swim, 180-km bike ride and 42.2-km marathon in under 17 hours. "The statistics now say I now have a 10 per cent chance of living five years," she noted.

When she was first diagnosed, Hooper asked her doctors whether she could continue training and was told she would only be setting herself up for disappointment. "I'd never listened before when someone tried to put limits on what I could accom-

plish," she said, and continued her training soon after being discharged from hospital.

Although she has cut her swimming, biking and runs by about 75 per cent, she has made significant headway toward her goal. "I've slowly progressed from floating in the pool to fly, flip turns, and four-km open-water swims," she said, adding that she turned one-km walks that took her 17 minutes in January to a 23-km walk-jog hybrid lasting three hours.

Not only that — after hearing Hooper's story, local long-distance runner Ray Zahab, who just finished a trek across the Gobi desert, promised to speak at a pancreatic-cancer fundraising event that Hooper has planned for November.

"Will I be able to complete Ironman Canada?" she asked before leaving on her flight. "I don't know. I've come a long way thanks to the help of many incredible people."

Visit the "athlete tracker" on Ironman Canada's website Aug. 25 to track Hooper's progress by searching for bib #870.

GRAHAM LANKTREE/METRO



Despite having pancreatic cancer, triathlete Sindy Hooper will compete in Ironman Canada in Whistler, B.C., on Aug. 25. GRAHAM LANKTREE/METRO

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Egypt. Officials may free jailed former president as violence continues

Jailed ex-Egyptian president Hosni Mubarak could be released later this week, judicial officials said Monday, a move that would fuel the unrest roiling the country after the autocratic leader's successor was removed in a military coup.

Underscoring the growing anger over Mohammed Morsi's ouster, suspected Islamic militants ambushed two minibuses carrying off-duty policemen in Egypt's Sinai Peninsula, forcing the men to lie on the sand and shooting 25 of them dead.

The brazen daylight attack raised fears that the strategic desert region bordering Israel and the Gaza Strip could be plunged into insurgency.

The 25 were given a funeral with full military honours after a plane brought their bodies to an air base in eastern Cairo. Interior Minister Mohammed Ibrahim, who is in charge of the police, and the army's chief of staff, Gen. Sedki Sobhi, led the funeral.

The coffins of the victims were draped in Egyptian flags



Ex-Egyptian president Hosni Mubarak
THE ASSOCIATED PRESS

Muslim Brotherhood

Egyptian security officials and state television say the supreme leader of the Muslim Brotherhood has been detained. Officials say Mohammed Badie was captured early Tuesday (local time) in an apartment in the eastern Cairo district of Nasr City.

and, in a show of solidarity, were carried in the funeral procession by army soldiers and policemen. THE ASSOCIATED PRESS



'Against the coup'

A woman holds up a picture of Egypt's ousted president Mohammed Morsi, reading in Italian "Against the coup," during a demonstration in Rome Monday. A Human Rights Watch report accused Egyptian security forces of using excessive force when they moved last week to clear the larger of two sit-in protest camps. RICCARDO DE LUCA/THE ASSOCIATED PRESS

Railway tragedy in India. Train runs over pilgrims, killing 37; driver beaten

A train ran over a group of Hindu pilgrims at a crowded station in eastern India early Monday, killing at least 37 people. A mob infuriated by the deaths beat the driver severely and set fire to coaches, officials said.

Several hours after the accident, flames and dark smoke could be seen billowing out of the train coaches, as protesters blocked firefighters from the station in Dhamara Ghat, a small town in Bihar state, officials said.

Dinesh Chandra Yadav, a local member of parliament, said the pilgrims were crossing the

Quoted

"The driver did not slow down when the train approached the station."

Kumar Ashutosh, a passenger on the train, said it was difficult for the driver to stop as the train was going at a rapid speed when he realized there were people on the track.

tracks in the packed, chaotic station when they were struck by the Rajya Rani Express train. Several other people were injured.

THE ASSOCIATED PRESS



Coaches of the Rajya Rani Express train burn after a mob set it on fire at a station in India on Monday. THE ASSOCIATED PRESS

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Controversial star

All four Canadian Chris Brown shows cancelled

The promoter of four Chris Brown concerts in Canada scheduled for this summer says the events have been cancelled, citing the R&B star's personal and health problems.

"After ongoing conver-

sation and consultation with this year's headline act Chris Brown, and in light of the performer's recent personal and health-related issues, a decision has been made to cancel all four scheduled performances," said Stephen Tobin, owner of Drop Entertainment Group, in a statement.

Brown was to perform in Halifax, Saint John, Toronto and Winnipeg.

THE CANADIAN PRESS

Middle East

Iran high schools to teach students drone-hunting

Iran's powerful Revolutionary Guards plan to teach drone-hunting to school students, an Iranian newspaper reported Monday.

The report by pro-reform Etemad daily quoted Gen. Ali Fazli as saying the new program will be taught

as part of a "Defensive Readiness" lesson in high schools. He did not elaborate, but the plan suggests students would be taught to track and bring down drone aircraft by hacking their computer systems.

Iranian hardliners have long sought a larger role for the military in the country's education system. Students at both junior and senior high schools currently take courses focusing on "civil defence." THE ASSOCIATED PRESS



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'Fat letters': Helping fight obesity – or shaming kids?



Letters sent home with overweight children are called "fat letters" by some critics, who say they shame kids about their weight and increase bullying.

RENE JOHNSTON/TORSTAR NEWS SERVICE FILE

BMI testing. Some say it's an important tool to combat an epidemic, others say it's 'a terrible idea'

They've been called "fat letters" and critics say they increase bullying and shame kids for their body weight.

But a paper published Monday by the American Academy of Pediatrics argues that weighing and measuring the height of schoolchildren and sending letters home with overweight kids is important for combatting the obesity epidemic.

This kind of screening has been going on in parts of the U.S. for more than a decade, and despite the objections, has led to positive lifestyle changes for many of the children identified as obese, the paper argues.

"Obesity is an epidemic in (the U.S.), and one that is compromising the health and life expectancy of our children. We must embrace any way possible to raise awareness of these concerns and to bring down the stigmas associated with obesity so that our children may grow to lead healthy adult lives," the author, Dr. Michael R. Flaherty, told Torstar News Service.

"It is a bitter pill. It's difficult for us as pediatricians to tell a parent their child is overweight or obese. But these letters were intended to be a confidential tool, another re-

minder to find professional help."

Not enough study has been done to conclusively state whether body mass index (BMI) testing or letters sent home are producing any behavioural change, Flaherty writes, though limited studies in Arkansas, the first state to implement school testing, show markedly positive outcomes.

Critics of BMI testing, which has now been implemented in 21 U.S. states, however, say the letters amount to "fat shaming" and encourage bullying, while not providing any proven solutions to parents.

"It's a terrible idea," said Dr. Yoni Freedhoff, founder and medical director of the Bariatric Medical Institute in Ottawa.

By the numbers

30

Canada, where 30 per cent of children are overweight or obese, is not far behind the U.S., where that number is 32 per cent.

"There are no known, reproducible, sustainable protocols for parents to follow once these children are singled out," he said. "Given we don't really have a solution at this point.... I worry tremendously about impact that well-intentioned schools and parents might have on a child's self-esteem, body image and relationship to food." TORSTAR NEWS SERVICE



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'Justice' served but fight not over: Yatim family

T.O. streetcar killing.
Scrutiny turns to other officers following the laying of murder charge



JESSICA
SMITH
Metro in Toronto

When Sammy Yatim's family learned the officer who shot him on an empty Toronto streetcar last month was being charged with second-degree murder, they celebrated "justice" having been served, and quickly turned their attention to the officers who witnessed the shooting.

On Monday morning, shortly after Ontario's Special Investigations Unit (SIU) announced it was laying charges against Const. James Forcillo, the

Sammy's sister Sarah tweeted: "Good morning JUSTICE."

Later, Yatim's family released a statement saying they were relieved by the charges and called for further investigation into "the supervising police officer(s) and the other officers in attendance for their lack of intervention."

On July 27, Yatim, 18, was shot multiple times and Tasered after he appeared to have brandished a knife and exposed himself as passengers fled from the streetcar.

The SIU investigated only Forcillo and did not lay charges against any other officer, including a sergeant who appears on video to have Tasered Yatim after he'd already been shot and fallen to the floor.

That's enough evidence to support an assault charge, according to lawyer Peter

Rosenthal, who has represented the families of a number of people who've been killed by police.

The SIU's mandate "is only to charge officers if they're involved with serious injury or death, and they figured, probably, that the Tasering wasn't what harmed Mr. Yatim," said Rosenthal.

The SIU's not investigating the sergeant doesn't preclude police from laying an assault charge, he said.

Rosenthal would also like to see consequences for the officers who didn't appear to use any de-escalation techniques.

"In my view, it's up to the police chief to discipline the police officers who don't follow the de-escalation training they're given, whether or not they're guilty of criminal charges," he said.



James Forcillo is the seventh on-duty Toronto police officer to be charged by the SIU with manslaughter or murder since its inception in 1990. CONTRIBUTED

Not enough Tasers?

- Ontario policy states only sergeants — not all frontline officers — should carry Tasers.
- According to Police Chief Bill Blair, allowing officers to be armed with Tasers may be one of the recommendations contained in the review he has requested from retired associate chief justice Dennis O'Connor.

Follow along on Twitter

Watch @jessiecatherine on Tuesday morning for live updates from Const. James Forcillo's first court appearance.



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Woman cried out before Oscar Pistorius shot her, court hears

Murder indictment.

Paralympian claims he thought girlfriend was a home intruder

A woman screamed and then there was silence, according to South African prosecutors pressing a premeditated murder case against Oscar Pistorius.

Next, the indictment says, witnesses heard gunshots and more screaming at the home of the Paralympic champion, who says he shot his girlfriend by mistake.

The sequence of events outlined Monday could bolster an argument that the double-amputee Olympian was intent on killing Reeva Steenkamp after an altercation and was not reacting fearfully to what he thought was an intrusion in his home. Prosecutors revealed a list of more than 100 witnesses, some of whom live in the community where she



Oscar Pistorius cries as he prays with his sister Aimee and brother Carl in the magistrate's court in Pretoria, South Africa, on Monday. THE ASSOCIATED PRESS

was killed.

The athlete will face an additional charge of illegal possession of ammunition when his blockbuster trial starts on March 3 in a court in the South African capital, Pretoria.

The indictment in the Pretoria Magistrate's Court

yielded new details about how prosecutors will pursue a case that has gripped the world because of the celebrity status of Pistorius, who overcame his disability to become a global phenomenon, only to see his name and accomplishments tarnished by his role in a vio-

Remembering the victim

The timing of the indictment was melancholic because Reeva Steenkamp would have celebrated her 30th birthday on Monday.

lent death.

The main charge laid by prosecutors carries a mandatory sentence of life imprisonment with a minimum of 25 years in prison if Pistorius is convicted.

Prosecutors also said in the indictment papers that Pistorius shot "with the intention to kill a person," and even if his story is found to be true, he was still guilty of murder.

That secondary argument seemingly allows for the possibility that Pistorius could escape the more serious charge of premeditated murder but still be convicted of murder without premeditation, which carries a sentence of 15 years in prison. THE ASSOCIATED PRESS

Autism. Cops investigate letter telling woman to euthanize her grandson

An Ontario woman whose autistic grandson was the target of a hateful letter is describing the words as sickening.

Brenda Millson says she received a letter on Friday that tells her family to "go live in a trailer in the woods" and even suggests her 13-year-old grandson be euthanized.

Millson's grandson lives with his parents in nearby Oshawa, but the boy has been

visiting her in Newcastle.

She says the hate-filled letter left everyone in shock but the family hopes the case will raise awareness of the support needed by autistic children. Millson adds her neighbourhood has rallied around the family.

Durham regional police say they have been investigating since Friday.

THE CANADIAN PRESS

India

Teen beaten to death over kite

A group of teenagers beat a 17-year-old to death after a kite-flying dispute, Indian police said Monday.

Rajan Chand was flying a kite in Delhi Friday when he apparently angered another boy by snapping the line on his kite, police said.

The next evening the boy and three others attacked

Chand and a friend, hitting Chand with a metal object and beating the two until they were unconscious, police said. Police have arrested a 16-year-old and a 17-year-old.

It was not clear if Chand had been in a kite-flying competition. Kite-flying can be fiercely competitive in South Asian countries, with competitors often coating their lines with powdered glass in order to slice through others' lines. THE ASSOCIATED PRESS



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Al Jazeera aims to shake up U.S. broadcast news

New York. As network launches in America, it promises to offer more journalism — and less yelling — than rivals

 **KIERON MONKS**
Metro World News

The New York offices are quiet, with barely a sign of the new owners and the revolution they are promising. But Al Jazeera America's Tuesday launch into more than 40 million homes could potentially transform the country's media landscape.

"U.S. news is driven by a different mandate — to reach the widest audience with the shallowest coverage," Joie Chen, a former CNN and CBS anchor who will work for Al Jazeera America, told Metro. Chen is just one of an all-star team assembled by AJA — backed by the endless wealth of the network's owners, the Qatari royal family — and in many cases poached from rivals.



Joie Chen, a former CNN and CBS anchor who will work for Al Jazeera America. COURTESY AL JAZEERA AMERICA

former CNN and CBS news anchor, told Metro. Chen is just one of an all-star team assembled by AJA — backed by the endless wealth of the network's owners, the Qatari royal family — and in many cases poached from rivals.

"It's very different here, we

are doing in-depth investigations that treat journalism with idealism, and we are telling stories that have been ignored," says Chen, explaining why she joined the broadcaster.

The channel will occupy a more serious niche, according to acting CEO Ehab Al Shihabi, who has promised less opinion, less yelling and fewer celebrity sightings. Bureaus are to be established in unglamorous locations such as Tennessee, and there will be less than half the advertising shown by rivals.

The launch is the culmination of a multi-year campaign from the leading Arab broadcaster to get on American airwaves. A decade ago it would have been unthinkable, when Al Jazeera was best known in the U.S. for screening messages from Osama bin Laden.



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TIMS HAS A NEW DONUT!



Tortoise wins the race

A dreamed-up doughnut that combines chocolate, caramel and pecans has earned its inventor \$10,000 and the knowledge he beat out 63,000 entries in a Tim Hortons contest. Toronto's Andrew Shepherd was crowned the winner of the Duelling Donuts competition on Monday for his creation The Tortoise Torte, which won against the runner-up doughnut Oreo Borealis. "I was ecstatic," Shepherd said. "It's kind of surreal." SCREENGRAB/TIMHORTONS.COM

Ontario. Group campaigns to get crack pipes, bongs off of corner-store shelves

A growing number of convenience stores in Ontario sell crack pipes, bongs and other illegal drug paraphernalia right beside candy, milk and magazines, a public safety advocacy group said Monday.

The Ontario Safety League said its mystery shoppers easily purchased dozens of drug-related items at convenience stores in big and small cities, including Toronto, Ottawa, Windsor, St. Catharines and Guelph.

Safety League president Brian Patterson said "it's irresponsible and illegal" for corner stores to openly display and sell items that enable illegal drug use, calling it "a blatant disregard" for the safety of their communities.

"Kids are confronted with displays of drug paraphernalia that is sold in colourful packaging and for discounted prices," Patterson said.

The group launched a campaign Monday calling on people to report any convenience stores selling inappropriate drug paraphernalia in their neighbourhood through Twitter with the hashtag #reportyourstore, and said of offenders would be reported



A man lights a bong at Hempfest in Seattle on Friday. An advocacy group called the Ontario Safety League says it wants corner stores to stop selling drug paraphernalia. THE ASSOCIATED PRESS

to police. "We will send the (stores) a letter in relation to education, but ultimately we think this is a community-based issue that the police want to take an active role in," Patterson said.

It is illegal to sell or promote instruments for illegal drug use, and the penalties are significant, ranging from up to incarceration for up to one year and fines up to \$100,000 for a first offence.

THE CANADIAN PRESS

You owe me, Zuckerberg

Programmer hacks Facebook CEO's page to prove point

After discovering a privacy bug on Facebook, unemployed Palestinian programmer Khalil Shreateh said he just wanted to collect the \$500 US bounty the social network offers to those who voluntarily expose its glitches.

But when Facebook ignored his first two reports, Shreateh took his message to the top — and hacked into CEO Mark Zuckerberg's personal page to prove his point. The stunt cost Shreateh the bounty, but earned him job offers from around the world.

THE ASSOCIATED PRESS

Connecticut

If your cable goes out, don't call 911

When a cable-television outage hit Connecticut shoreline communities during prime time Sunday night, viewers jumped to action. Some reached out to their state senator. Others called police. One even called 911. The calls prompted a warning from local police that 911 should be used for life-threatening emergencies only. THE ASSOCIATED PRESS

Tech trends

New Galaxy Mega is not a phone — it's a phablet

Smartphones are getting bigger as people use them to watch movies and play games, and a new one from Samsung is beyond big. With a screen measuring 6.3 inches diagonally, the Galaxy Mega is almost as big as a seven-inch tablet. Phones of this size are usually referred to as phablets.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
96.69¢ (-0.03¢)

TSX
12,588.02 (-148.90)

OIL
\$107.10 US (-36¢)

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YOUR SUBTLE TWEET SOUNDS SNARKY

In the seven years since its inception, Twitter has evolved into a multi-purpose communication tool used to break news, start revolutions and bring people together with a simple hashtag. The social-networking site has an immense potential for social change and positivity. Unfortunately it also has a problematic tendency to feel a lot like high school. There's perhaps no better example of this than the not-so-subtle sub-tweet.

Sub or "subliminal" tweeting is the act of posting tweets that refer to particular people without mentioning specific names or handles. The nuanced construction of the sub-tweet allows social-media users to call out others in an anonymous yet very public fashion. Sadly, sub-tweets on the sweet side are few and far between; most are hostile and presumably typed with a middle finger.



SHE SAYS
Jessica Napier
metronews.ca

For example, Miley Cyrus has been the target of plenty of online criticism lately thanks to the rather distasteful cultural appropriation she's been demonstrating as part of her latest image makeover. Last week she lashed out against one particular critic with this antagonistic sub-tweet: "I know what color my skin is. You can stop with the friendly reminders bitch."

A quick Google search will catch you up on her ongoing Twitter feud with rapper Azealia Banks (though you'll never get those five minutes of your life back) and help illustrate the concept of sub-tweeting. If you're still confused, try browsing through content tagged with #subtweet and you'll find an endless supply of snarky examples.

This passive-aggressive trash talking is popular among

angst-filled teenagers and duelling celebrities, and watching these quarrels unfold in 140-character increments can be a guilty pleasure for those of us standing on the digital sidelines. The air of mystery contained in each sub-tweet appeals to gossip hounds who love drama.

But while broadcasting a backhanded "you know what you did" memo across the Internet is a lot easier than the direct approach, using social media as a platform to engage in personal disputes reeks of cowardice and immaturity. Unlike open and honest communication, this non-confrontational form of confrontation does nothing to resolve issues or right wrongs.

Cheeky pot-stirring is one thing, but if you're actually looking to address real personal issues, then sub-tweeting is never the answer.

Conflict resolution is best done offline and in private, rather than bullying each other from behind the veil of our online avatars.

Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

Hands up! You are under the influence



COURTESY SEATTLE PD

Cops crack down on the munchies

The boys in blue broke character at last weekend's Hempfest in Seattle, handing out crispy snacks at the iconic marijuana celebration — albeit with a request to not drive high — in honour of Washington's recent legalization vote. Sgt. Sean Whitcomb explained his mixed-up day. **METRO**

Q and A

Operation Orange Fingers

Did people think this was an undercover sting? Not many. This festival is not new and we've been around for 20 years. What's new is the change in law and our department is pioneering

new and creative ways to reach festival-goers, and we'll keep looking for new ways.

Were you pleased to be able to connect with a previously off-limits section of society?

The idea to find creative ways to reach out has been

around a while, and thus was born Operation Orange Fingers.

Will you be able to use this as a model to catch major crooks — like handing out snacks at a fictitious "crack festival"?

You have defined undercover police work.

Podcasts have been a limitless boon for catching up on the news, eavesdropping on intelligent debates or even learning a new skill. But sometimes you just want the yucks. Add these three to your iTunes subscriptions for a steady supply of laughs.

My Brother, My Brother and Me:

When they're not busy indulging in far-afield tangents, the brothers McElroy dispense tongue-in-cheek "advice" to the baffled and confused seeking solutions to their frequently high-concept woes.

How Was Your Week:

The mighty Julie Klausner has a knack for making witty conversation seem effortless. Factor in her consistently



excellent lineup of equally breezy guests and before you know it, an hour has slipped by.

The Bugle:

John Oliver just wrapped up a summer ably filling Jon Stewart's chair on The Daily Show, during which time many of us became quite accustomed to his version of mocking the world's news. Thankfully, you can avoid any withdrawal symptoms with a weekly dose of Oliver and Andy Zaltzman drolly riffing on world events.

Twitter



@metropicks asked: Toronto schools will measure students' BMI. How do you think this will affect childhood obesity?

@ThatDonnaGirl: 6 y.o. will get fat letters and the American Academy of Pediatrics will wonder why 7 y.o.s have eating disorders

@Canucklehead_ca: Will just give kids another test to worry about failing. #BMIsTMI

@shopwithandrea: Toronto schools will start weighing students. This will just add to child insecurities. Not sure schools should do this.

@Cavemanbiff: Good nutrition, & fit bodies begin at home, under the

guidance of parents.

@RunSoulCycle: Not as much as it will affect their self esteem & development of self concept - schools need 2B emotionally safe & inclusive.

@Zaedium: I think schools should just skip right to making activity and standing and stretching mandatory to learning. Not sitting all day

@HamiltonMetals: A lot of kids going to be off sick that day...

@StephMacHorn: Health Class should teach how to calculate BMI & discuss implications, but centring kids out even more won't help.

Follow @metropicks and take part in our daily poll.

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DVD reviews



Amour

Director. Michael Haneke

Stars. Jean-Louis Trintignant, Emmanuelle Riva, Isabelle Huppert

•••••

Michael Haneke's dramatic two-hander, the Palme d'Or winner at Cannes 2012, is a quietly devastating illustration of how tough the "for better or worse" marriage pact can be when "or worse" occurs. An elderly couple (veteran French actors Jean-Louis Trintignant and Emmanuelle Riva) are put to the test when the wife suffers one stroke and then another, robbing her first of speech and then mobility. Together they must find a way to endure as the end approaches. It's one of the simplest and arguably the most passionate films of Haneke's incredible career.

PETER HOWELL

Emperor

Director. Peter Webber

Stars. Matthew Fox, Tommy Lee Jones

•••••

Peter Webber accurately depicts Japan's physical and spiritual devastation in the wake of the Second World War's twin nuclear assaults, the firebombing of Tokyo and the nation's subsequent surrender to Allied forces. But the film falls prey to the temptations endemic to historical docudrama: the desire to pack a miniseries' worth of events into one feature-length film.

PETER HOWELL



Lake Bell wrote, directed and starred in the film *In a World*. CONTRIBUTED

2
SCENE

Taking the spotlight

In a World. The voice-over industry gets its time to shine in a little film about family and sexism

All in the family

Lake Bell's film, which won a screenwriting award at the Sundance Film Festival, is really about a family that happens to do voice-overs. "It gives a little flavour of what the industry is

like," says Martha Mayakis, a voice-over casting director. "It's a sweet little movie... not because of the voice-over angle, but the relationships in the family."

even got mentioned," said actor Steve Staley after seeing the film. "It was great to see our field get screen time in a realistic way," added Staley, who gives voice to cartoon and video-game characters and commercials.

The film, which expands to more theatres on Friday, begins with images of the most famous voice-over artist ever: Don LaFontaine, whose deep recitation of the phrase "in a world" opened countless movie trailers and made him a multi-millionaire.

Since the actor's death in 2008, voice-over artists have vied for his crown, both in Bell's film and in real life. In

the film, Bell's character aims to break gender boundaries by competing against the big boys to become the first female trailer voice. But to get the job, she'd have to beat out the reigning king: Her dad.

Things really have changed since LaFontaine's death, voice-over artists said, with most movie trailers now opting to go without any announcer at all. The previews that played before a recent Los Angeles showing of *In A World...* relied on onscreen text and clips of the actors talking rather than the bellowing "voice of God" to describe the picture.

The industry's marginalization of women is real, too.

"Women, in general, don't do trailers," said Martha Mayakis, a voice-over casting director and coach with TalkShop in Los Angeles. "Women do promos for TV shows."

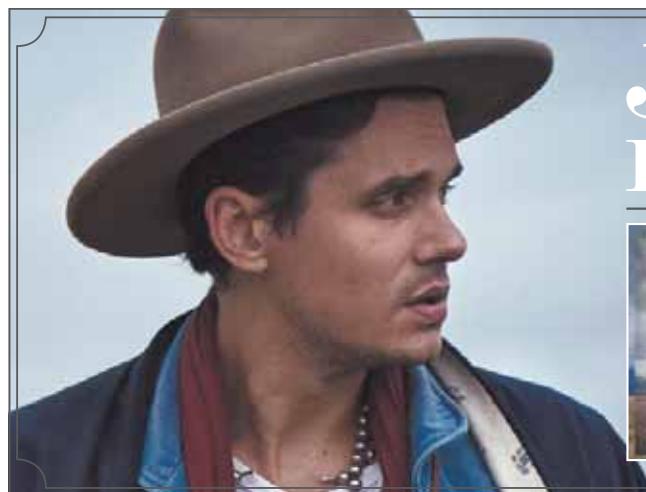
There really are fewer outlets for female voices, echoed Chuck Klausmeyer, a voice-over artist, director and teacher.

"Women don't get as much copy as the men," he said. "Men are requested more than women for voice-overs for sure, partly because of that deep, authoritative voice that exists."

These experts spotted a few unrealistic elements on screen that everyday viewers would overlook.

Bell's character learns about the movie-trailer gig (for an upcoming "quadrilogy" called *The Amazon Games*) from a recording-studio engineer. In real life, it would be an agent providing that information. In the film, the engineer also serves as the director, but that's not how real voice-over recording sessions go down.

THE ASSOCIATED PRESS



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J.D. Salinger at home in Cornish, N.H., with Emily Maxwell, the wife of William Maxwell, a close friend and Salinger's editor at *The New Yorker*. CONTRIBUTED/THE STORY FACTORY/THE ASSOCIATED PRESS

Salinger project kept hush hush

Like author, like film. Details are still scant on upcoming documentary and book about private writer

For much of the nine years that Shane Salerno worked on his J.D. Salinger documentary and book, the project was a mystery worthy of the author himself.

Code names. Hidden identities. Surveillance cameras. Until 2010, when *The Catcher in the Rye* novelist died at age 91, only a handful of people were fully aware of what he was up to. Even now, with the release date of the film Salinger less than three weeks away, little is known about a production that draws upon more than 100 interviews and a trove of documents and rare photographs, and that promises many revelations about an author who still fascinates millions.

"I have worked (on) more than 200 documentaries in my career and Salinger was the most secretive and the most intense film I have ever worked on," said Buddy Squires, the film's cinematographer and co-producer who has worked on

such Ken Burns documentaries as *Jazz* and *The Central Park Five*.

"This film was not run like a film production," said Jeffrey Doe, a co-editor and co-producer. "It was run like a CIA operation. Everything was compartmentalized, top secret and on a need-to-know basis. It was really intense." More than three years after Salinger's death at his New Hampshire home, numerous questions remain unanswered, notably what — or if — he wrote during the self-imposed retirement of his final decades. The new Salinger book and movie are not the first projects ever billed as cracking the Salinger code, and the author's literary estate did not participate. But Salerno has won some important converts.

The Weinstein Company quickly signed up the movie after seeing it earlier this year.

as did PBS, which reportedly paid seven figures and will air the documentary in January as the 200th instalment of its *American Masters* series. Simon & Schuster reportedly paid seven figures for the book, which runs 700 pages and was co-authored by Salerno and David Shields.

The film, which opens Sept. 6, is expected to be shown on more than 200 screens nationwide, a high number for a documentary. The book's planned first printing is for more than 100,000 copies. Salerno, 40, is best known as a screenwriter, with credits that include *Savages* and a planned sequel for *Avatar*. Salerno, who declined to be interviewed, reportedly spent some \$2 million of his own money for the project and travelled around the country and in Europe to research it.

THE ASSOCIATED PRESS

Under lock and key

As if internalizing the Salinger legend, Shane Salerno made secrecy not just a priority, but an obsession. Virtually everyone involved had to sign non-disclosure agreements, including Shields, Doe and Squires, and

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Jennifer Lopez ALL PHOTOS GETTY IMAGES

Casper the friendly informant: Lopez's love reveals return to Idol

Jennifer Lopez's boyfriend, Casper Smart, might have beat the American Idol bosses to the punch about news that Lopez will be returning as a judge for the reality competition in January. When asked by E! News if she would be back for the

upcoming season, Smart gave a simple, "Yes," though no official word has gone out from the network or producers. Sources close to the show say a deal is close to being finalized, but maybe Smart knows something they don't.

Twitter



@lenadunham

The only insults I will ever take seriously on twitter are from gay teenagers



@mindykaling

A thirty-five year old Carl Reiner will do just fine, thanks



@RebelWilson

I spend way too much time thinking, "should I shave my legs today?" X

The Word

Summer of George: Prince William talks papahood

His newborn son is "a little bit of a rascal" and car seats can daunt any dad, Britain's Prince William says.

The second in line to the British throne has described his joy at introducing his son to the world on the steps of a London hospital last month — and about his nerves over fitting the car seat securely into the Land Rover before driving off.

William told CNN in his first interview since Prince George's birth on July 22 that both he and the Duchess of Cambridge couldn't wait to show off their son when they emerged from St. Mary's Hospital to meet the world's media a day later.

"I'm just glad he wasn't screaming his head off the whole way through," he said in an interview broadcast Monday.

William was quizzed on a range of child-rearing topics — from baby toys to diapers and sleep deprivation — and acknowledged that his expert performance sliding his child's car seat into the back of the royal four-wheel drive was a well-drilled exercise.

"Believe me, it wasn't my first time. And I know there's been speculation about that. I had to practice, I really did," he said.

William and his wife's assured, do-it-yourself performance in front of the hospital helped cement the couple's image as the modern face



of Britain's monarchy. But William said the decision to take his own baby in hand and drive home in the glare of the international press was a way of establishing his independence.

"I very much feel if I can do it myself, I want to do it myself," he said. "And there are times where you can't do it yourself and the system takes over or it's appropriate to do things differently. But, I think driving your son and your wife away from hospital was really important to me."

As for the nearly one-month-old baby, William referred to him as "a little bit of a rascal" who he said reminded him of his younger brother, Prince Harry.

Striking a slightly exasperated tone familiar to many new fathers, he said he wished Prince George would settle down a little.

"At the moment, the only legacy I want to pass on to him is to sleep more and maybe not have to change his nappy so many times."

THE ASSOCIATED PRESS

Spend more time here . . .



Hey DJ, play my song, because I'm paying you the big bucks

Being a DJ can be a pretty sweet gig, if Forbes magazine's list of the highest paid mixers is any indication. Producer and song-writer Calvin Harris, who has worked with the likes of Rihanna and recently signed a two-year deal with Las Vegas club Hakkasan, tops the list, earning \$46 million this year. "The rise of dance music has been astronomical in the last three years," Harris says. "I happened to be in the right place at the right time." Even former Jersey Shore star Pauly D is raking it in, taking home \$13 million. Not too shabby.



Pauly D

The sexy back workout

5 easy moves for a strong, sculpted back by Kim Kardashian's trainer Joey Gonzalez, COO at Barry's Bootcamp.

ROMINA MCGUINNESS
romina.mcguinness@metro.lu



Upward row

- Standing on the centre of a resistance band, cross the handles or ends of the band so that the band makes an X in front of you.
- Lift the handles or ends of the band up until they reach the point right under the chin.
- Slowly bring the arms all the way down in a controlled motion.
- Do 30 reps.

Back rows

- In a sitting position, wrap the resistance band around your feet and extend your legs out in front of you. Essentially what you're doing is creating a rowing machine.
- Imagine there's an egg resting on your spine and as you squeeze your shoulders behind you, visualize cracking that egg between your blades.
- Do 30 reps.

Military press

- Standing on the centre of a resistance band, press the handles up over your head, and then come back down to shoulder level in military press position, standing with your arms bent and your hands around about ear level.
- Repeat as many presses as you can in 30 to 60 seconds.

Whale trail

- Lie down on a bench (you want to be on your chest) and hug the front of the bench.
- Using your lower back muscles, lift your legs together at the same time — up and then lower, then down really slowly.
- Do 30 reps.

Side and front raise combination

- Lay down and lift your arms out to the side in a side lateral raise. Now pull your hands together in front and lower your arms down.
- Repeat this for 30 to 60 seconds (do as many as you can) and then move in the opposite direction for 30 seconds.



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Heat up the barbecue for a very cherry twist on pork

One thing most of us don't do nearly enough of is grilled fruit. Not only is grilled fruit crazy delicious — thanks to the intense heat caramelizing all the natural sugars — it also pairs perfectly with savoury meats.

Before starting the recipe, compare the size of your cherries to the size of your grill grates. If the cherries are likely to fall through the gaps, use a grill pan over the grates.

1. Cut the tenderloin crosswise into rounds about 1 inch thick. One at a time, set each round between sheets of plastic wrap and use a meat mallet to pound to an even thickness of about 1/4 inch.

2. Transfer the flattened pork cutlets to a large zip-close plastic bag. Add the fish sauce, then shake to coat all of the pork. Squeeze the air from the bag, seal it and set aside. This step can be done up to 24 hours ahead.



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

3. When ready to cook, heat the grill to high.

4. In a medium bowl, toss the cherries with 1 tablespoon of the oil until well coated. Carefully pour the cherries onto the grill grates and grill until lightly

charred in spots and tender, about 2 to 3 minutes. Use tongs to return the cherries to the bowl. Set aside to cool slightly. Leave the grill on.

5. Once the cherries have cooled, add the onion, garlic,

Ingredients

- 2 lbs pork tenderloins
- 1 1/2 tbsp fish sauce
- 1 1/2 cups fresh cherries, pitted
- 2 tbsp canola or vegetable oil, divided
- 1 small red onion, diced
- 3 cloves garlic, minced
- 1 tbsp cider vinegar
- 2 tbsp chopped fresh cilantro
- Salt and ground black pepper, to taste

vinegar and cilantro. Mix well, then season with salt and pepper. Set aside.

6. Add the remaining tablespoon of oil to the bag of pork, then shake to coat. Grill the tenderloins for 2 to 3 minutes per side.

7. Arrange the cutlets on 6 serving plates, then top each with some of the grilled cherry salsa. **THE ASSOCIATED PRESS**

Health Solutions

Everything is just peachy



NUTRI-BITES
Theresa Albert
DHN, RNC
myfriendinfood.com

seconds to remove peel, pull pit and blend in.

- In freezer jam. Don't fuss with gelatin and canning, simply simmer with maple syrup and store in glass jars in the freezer and summer (the verb) all fall.

- Pan fried in butter as a yogurt topping.

- Brushed with butter and grilled as a side dish to fish.

- Slice and freeze wedges on parchment paper on a cookie sheet. Toss into plastic bags once frozen and add to cereal willy nilly ('cause peaches like willy nilly and fuzzy wuzzy).

TERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Side. Wild Rice Salad with Apricots and Blueberries



1. In a medium pot, combine the wild rice, a hefty pinch of salt and 6 cups water. Bring to a boil, then reduce to a simmer. Simmer for 35 to 45 minutes, adding water as needed. When the rice is tender, strain through a mesh strainer and spread in an even layer on a rimmed baking sheet to cool. To speed the process, you can set the baking sheet in the refrigerator.

2. Once the rice has cooled, in a medium bowl, whisk together the olive oil, vinegar, honey, mustard, chives, tarragon, thyme and a pinch each of salt and pepper. Stir in the wild rice, apricots and blueberries. Season with addi-

Ingredients

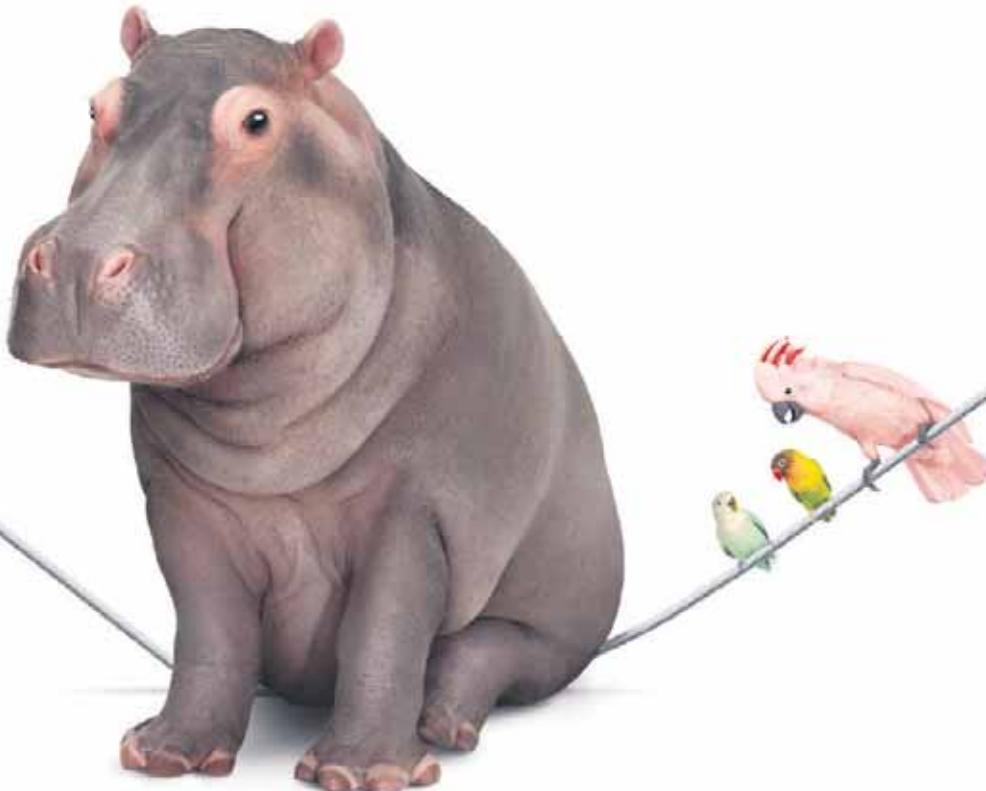
- 1 cup wild rice
- Kosher salt
- 3 tbsp olive oil
- 3 tbsp white balsamic vinegar
- 1 tbsp honey
- 1 tbsp Dijon mustard
- 2 tbsp chopped fresh chives
- 2 tbsp chopped fresh tarragon
- 2 tbsp chopped fresh thyme
- Ground black pepper
- 2 fresh apricots, pitted and diced
- 1 cup blueberries



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Avoid the 7-day ramen diet



YOUR MONEY
Alison Griffiths
money@metronews.ca

"To eat or not eat, that is the question," emailed Jon Stomhauser, a sophomore at the University of Alberta. "Last year I was broke before Christmas. I'd like to make it to April this year without starving. Any thoughts?"

Jon, it's all about being proactive. Work through these eight steps and you should have enough for three squares until spring.

1. Budget:

There are many student budgets available, but I like the interactive calculator at the Financial Consumer Agency of Canada, fcac-acfc.gc.ca. (Go to choose a life event then paying for post secondary education.)

2. One-time expenses:

Sequester money for tuition, books, etc. right off the top and don't include it in income below.

When funding arrives, deposit one-time expenses for each semester in a separate account or pay it out immediately. The remainder will be used to pay regular monthly expenses and should be deposited in a savings account. If you are working, deposit wages in the same account.

3. Income:

Take what's left after separating number two's costs and divide by the months in school for your monthly income.

4. Needs:

Focus on the essentials first. Where you can't pick an exact figure, groceries, for ex-



How are you going to make it until April? Budget, that's how. ISTOCK IMAGES

ample, estimate the cost on the budget spreadsheet.

Don't fill in discretionary expenses yet. Your goal is to figure out monthly essentials like food, transportation and rent.

5. Wants:

This category can easily blow up a student budget. Ballpark what you would like to spend on entertainment, clothing and take out. Be honest with yourself.

6. Juggle:

Chances are money out is greater than money in. If so, start cutting expenses or contemplate an income boost. Don't forget to add five per cent for emergencies.

7. Organize:

Once you have a monthly sum for regular expenses, set up a monthly transfer from savings to chequing to cover those costs.

8. App it:

There's no point in budgeting if you don't know where the money is going. MoneyWiz, CoinKeeper, Checkbook HD, Easy Envelope Budget Aid, iXpenseit and Daily Expense Manager are all highly rated to keep track of your spending throughout the year. It's not tough. It just takes a bit of time.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Using coupons

Crouton Groupon?



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For more, visit charlesmacpherson.com

I recently read a blog where someone was asking, "Is it OK to use a coupon for yourself when in a restaurant with others?"

At first I was a little taken back but then I actually thought about it and feel that there is definitely a conversation here.

If I was entertaining for business or something of

great importance, such as meeting my future in-laws, I would not use a coupon of any kind. However there are always exceptions to every rule.

1. If you are going out with your best friend, and say ahead of time "lets go to the ABC restaurant tonight and by the way I have a coupon for buy one main course get the second free" then as long as you share the bill equally and you both benefit from the coupon/discount, then this is absolutely reasonable.

2. If you are going "dutch," where each person pays for their own meal via a separate check, then again, amongst family or close



Coupons are great! But what's the etiquette for taking pennies off your dinner with friends? ISTOCK IMAGES

friends I think that this is fine.

But remember, what is not cool is when you go out with a friend and pull out a

coupon just for yourself and there is one bill for the entire table, as others will definitely feel cheated or uncomfortable.



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Karlsson on Alfie exit: 'It's going to be tough'

NHL. 2012 Norris Trophy winner says team will adjust as he returns to all-star form

The sight of Daniel Alfredsson skating in an Ottawa Senators jersey so soon after the very public airing of grievances between him and his former team may have surprised some people.

Erik Karlsson wasn't one of them.

"It's pretty normal, I mean he's been doing it for a while," the Senators defenceman said. "It's when he puts on the other jersey that it would feel a little different probably."

Alfredsson joined other NHL players at an informal skate at Bell Sensplex on Monday. Last week, the former Senators captain made headlines when he said negotiations to bring him back to Ottawa for another season "went nowhere," causing general manager Bryan Murray to publicly defend the front office.

The 40-year-old Alfredsson signed a one-year deal with the Detroit Red Wings July 5 as a free agent after negotiations

with the Senators fell through.

Karlsson has grown close to Alfredsson, a fellow Swede, and even lived with him at times. He admits things will be very different without his mentor around on a daily basis.

"For me, on a personal level, it's going to be tough for me; we're close friends and he's helped me out a lot. I only wish him all the best," he said. "I still think we'll be friends."

"I don't think it's sudden and I'm just happy he's still playing," Karlsson added. "We have to move on and I think we have guys on the team that's ready to take the next step and as of right now everybody's pretty excited to focus on our game and becoming a better team."

Alfredsson's departure after 17 seasons with the Senators undoubtedly means a change of leadership will have to take place, but Karlsson is confident the team will be able to adjust accordingly.

"There's going to be changes inside the locker-room and on the ice and I think the group of guys we have are going to handle that perfectly.... It was just a matter of time before Alfie was gone," said Karlsson.

THE CANADIAN PRESS

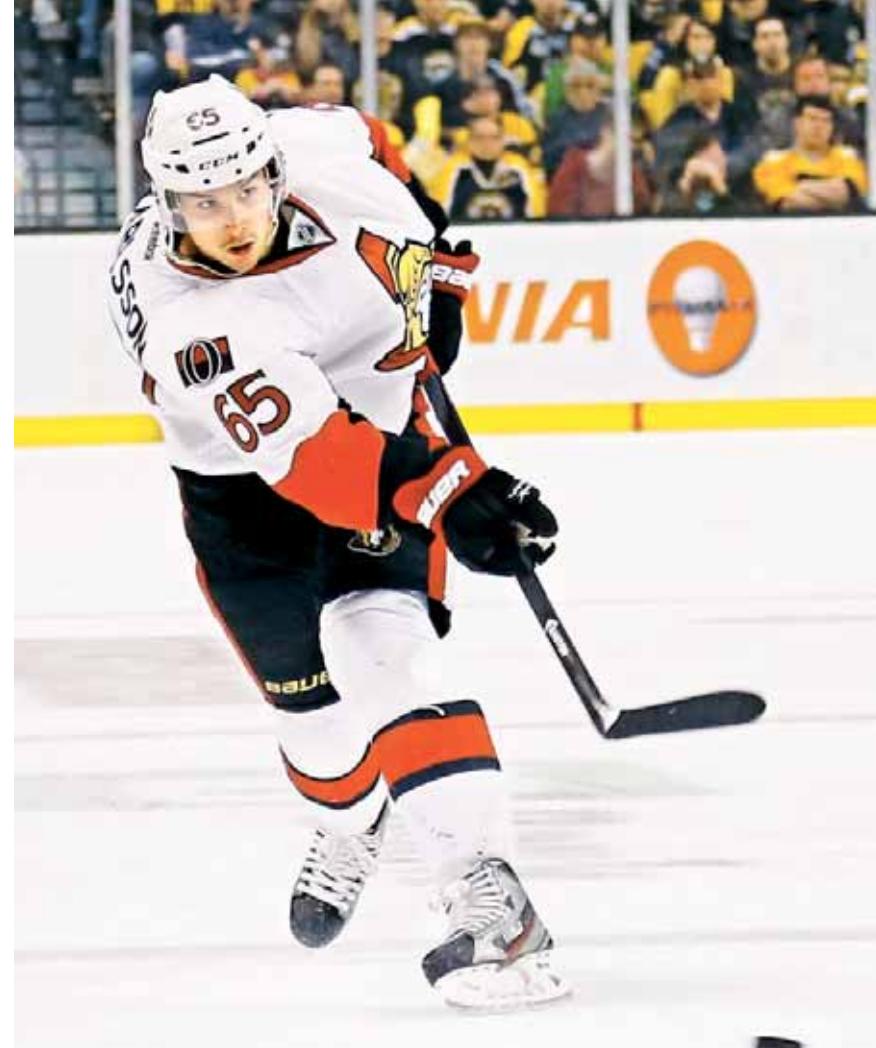
Still recovering

Karlsson is back in Ottawa after spending much of the summer in Sweden and appears to be making progress in recovering from a partially lacerated Achilles tendon.

- Karlsson suffered a 70 per cent tear to his Achilles in a Feb. 13 game when Penguins forward Matt Cooke

stepped on his leg.

- He was expected to miss the remainder of the season, but the 23-year-old played the last three games and all of Ottawa's 10 playoff games. Karlsson's return was impressive, but it was clear he had a long way to go before returning to form.



It won't be easy for the Senators to adjust to Daniel Alfredsson's departure, but defenceman Erik Karlsson is confident they can do it. JARED WICKERHAM/GETTY IMAGES

Tennis. Canadian Raonic pushed out of ATP top 10

Roger Federer is sliding in the ATP rankings, now down to No. 7.

Federer, who spent more weeks at No. 1 than anyone, already had reached his lowest spot in a decade by dropping to No. 5 after Wimbledon — and he fell two more places Monday.

Canada's Milos Raonic slipped out of the top 10, drop-



Milos Raonic
THE CANADIAN PRESS

ping one spot to No. 11. Rafael Nadal rose to No. 2 from No. 3, swapping with Wimbledon champion Andy Murray. Novak Djokovic remained No. 1.

THE ASSOCIATED PRESS

MLB

Pujols out for the season: Angels

The Los Angeles Angels say slugger Albert Pujols is done for the season because of an injured left foot. The team made the announcement Monday.

Pujols hasn't played since July 26. He had been saying he wanted to return when his partially torn plantar fascia healed.

THE ASSOCIATED PRESS

Baseball promo

Out of the park, into the cemetery

From the minor-league baseball club that gave you the world's first urinal gaming system comes a creepy promotion: One "lucky" fan will win a free funeral package.

The triple-A affiliate of the Philadelphia Phillies, the Lehigh Valley IronPigs, plans to name a winner Tuesday. THE ASSOCIATED PRESS

Little League

Panama thumps Canada at LLWS

Jean Mar Sanchez hit a three-run homer, and Edgardo Rosales and Juan Crisp combined on a one-hitter to help Aguadulce, Panama, stay alive at the Little League World Series with a 12-0 win over Ottawa on Monday. Panama will face Taiwan on Tuesday. Canada was eliminated. THE ASSOCIATED PRESS

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